

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings of claims in the application:

**Listing of Claims:**

- 1           1. (Currently amended) A support pillow comprising:  
2           a pillow body having a medial region defining a center of the pillow body and two  
3           opposing arms that define an outer periphery and an inner periphery, wherein the inner periphery  
4           defines a generally open well;  
5           at least one flap coupled to the pillow body at the outer periphery to adjust the  
6           position of the pillow when worn about a user, wherein the flap is coupled to the pillow body at a  
7           single location that is laterally offset from the center of the pillow body to facilitate easy  
8           grasping of the flap when the medial region is at the user's front side.
- 1           2. (Original) A pillow as in claim 1, wherein the flap comprises a piece of  
2           fabric that is coupled to the pillow body.
- 1           3. (Original) A pillow as in claim 1, wherein the pillow body comprises a  
2           fill material that is encased in a fabric cover, and wherein the flap is coupled to the fabric cover.
- 1           4. (Original) A pillow as in claim 3, wherein the fabric cover comprises a  
2           top piece and a bottom piece that are sewn together along a seam line, and wherein the flap is  
3           sewn between the top piece and the bottom piece.
- 1           5. (Original) A pillow as in claim 1, wherein the flap comprises a first flap  
2           and further comprising a second flap coupled to the pillow body at the outer periphery.
- 1           6. (Original) A pillow as in claim 5, wherein the flaps are coupled to the  
2           pillow body near where the two arms meet the medial region.
- 1           7. (Original) A pillow as in claim 6, wherein the flaps are positioned about  
2           12 inches to about 20 inches apart.
- 1           8. (Original) A pillow as in claim 1, wherein the flap extends from the  
2           pillow body by a distance in the range from about 1 inch to about 6 inches.

1                   9. (Original) A pillow as in claim 1, wherein the arms and the medial region  
2    are generally curved to provide a curved exterior periphery.

1                   10. (Original) A method for positioning a pillow about a person, the method  
2    comprising:

3                   providing a pillow comprising a pillow body having a medial region and two  
4    opposing arms that define an outer periphery and an inner periphery, wherein the inner periphery  
5    defines a generally open well; and at least one flap coupled to the pillow body at the outer  
6    periphery to adjust the position of the pillow when worn about a user;

7                   placing the pillow about a person's torso; and

8                   grasping the flap and manipulating the pillow body to a desired orientation about  
9    the person's torso.

1                   11. (Original) A method as in claim 10, wherein the flap comprises a piece of  
2    fabric that is coupled to the pillow body, and wherein the piece of fabric is grasped in the  
3    person's hand.

1                   12. (Original) A method as in claim 10, wherein the pillow body comprises a  
2    fill material that is encased in a fabric cover, and wherein the flap is coupled to the fabric cover.

1                   13. (Original) A method as in claim 12, wherein the fabric cover comprises a  
2    top piece and a bottom piece that are sewn together along a seam line, and wherein the flap is  
3    sewn between the top piece and the bottom piece.

1                   15. (Original) A method as in claim 10, wherein the flap comprises a first flap  
2    and further comprising a second flap coupled to the pillow body at the outer periphery, and  
3    wherein the first flap or the second flap is grasped.

1                   15~~16~~. (Currently amended) A method as in claim 15, wherein the flaps are  
2    coupled to the pillow body near where the two arms meet the medial region, and wherein the  
3    flaps may be coupled with each hand.

1                   16~~17~~. (Currently amended) A method as in claim 16, wherein the flaps are  
2    positioned about 12 inches to about 20 inches apart.

1                   17~~18~~. (Currently amended) A method as in claim 10, wherein the flap extends  
2    from the pillow body by a distance in the range from about 1 inch to about 6 inches.

1                   18 19. (Currently amended) A method as in claim 10, wherein the arms and the  
2 medial region are generally curved to provide a curved exterior periphery.

1                   20. (New) A support pillow comprising:  
2        a pillow body having a medial region and two opposing arms that define an outer periphery and  
3        an inner periphery, wherein the inner periphery defines a generally open well;  
4        a pair of separate flaps coupled to the pillow body at the outer periphery to adjust the position of  
5        the pillow when worn about a user, wherein the flaps are disposed near where the two arms meet  
6        the medial region, and wherein the flaps are positioned about 12 inches to about 20 inches apart.